



UCCOOK

Baked Sun-dried Tomato Pasta

with Kalamata olives & fresh basil

A bubbling pasta bake is loaded with ruby red sun-dried tomatoes, salty olives, fragrant garlic and oozy golden mozzarella cheese. It is served with a fresh green leaf & toasted pine nut salad for some freshness and crunch!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

125g	Penne Pasta
5g	Pine Nuts
1	Onion <i>½ peeled & roughly diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Provençal Rub
100g	Cooked Chopped Tomato
65ml	Crème Fraîche
20g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
20g	Pitted Kalamata Olives <i>drained & halved</i>
50g	Grated Mozzarella
20g	Green Leaves <i>rinsed</i>
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. COOK THE PASTA Preheat the oven to 200°C. Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 7-8 minutes until al dente. Drain on completion and toss through some olive oil to prevent sticking.

2. TOASTY NUTS Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. TOMATO SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the NOMU rub, and fry until fragrant, 1 minute (shifting constantly). Pour in the cooked chopped tomato and 50ml of warm water. Reduce the heat and leave to simmer until slightly reduced, 6-7 minutes (stirring occasionally). In the final minute add the crème fraîche, the chopped sun-dried tomatoes, the halved olives, a sweetener (to taste), and seasoning. Mix until fully combined and remove from the heat.

4. BAKE UNTIL GOLDEN Add the cooked pasta to the tomato sauce and mix until fully coated. Place in a small ovenproof dish. Sprinkle over the grated cheese and pop in the hot oven. Bake until the cheese is melted and golden, 4-5 minutes. In a salad bowl, toss the rinsed green leaves with the toasted pine nuts, a drizzle of olive oil, and seasoning.

5. PASTA PERFECTION! Sprinkle the torn basil over the baked pasta. Side with the pine nut salad and dive in, Chef!

Nutritional Information

Per 100g

Energy	854kj
Energy	204kcal
Protein	6.7g
Carbs	24g
of which sugars	4.3g
Fibre	2.3g
Fat	9.1g
of which saturated	4.8g
Sodium	205mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days